



RECREATION DEPARTMENT

The Heart of the Neighborhood



May / June 2008



Recreational Programming for
Individuals with Special Needs

Cooking Class

Parkway Community Center – Kitchen
373 Park Way
Saturdays, 11:00 A.M. - 1:00 P.M.
Ages: 6–Adult



May	10 & 31
June	14
Members:	\$2.00
Resident:	\$4.00
Non-resident:	\$6.00

Cooking Class will meet twice a month and focus on table set-up, food preparation, nutrition education and clean-up skills. Class size is limited to 8 participants.
Call to register.

Free Style Dance

Parkway Community Center
373 Park Way
Wednesdays, May 7, 14 & 21, New Session: TBA
6:30 P.M. - 7:30 P.M.
Ages: 6–Adult



It's a fun way to exercise & learn new dance steps. Learn basic hip-hop steps & movements to your favorite songs in this 8-week class.

COST:
Members: \$22.00
Resident: \$27.00
Non-resident: \$33.00

Basketball One on One

Parkway Community Center
373 Park Way
Tuesdays, May 6, 13, 20 & 27 / June 3 & 10
6:00 P.M. – 7:00 P.M.
Ages: 6–Adult

Free instruction in basketball basics. Participants will learn ball handling skills, dribbling, passing, shooting and team play.



Twilight Matinee

Chula Vista Woman's Club
357 'G' Street
Thursdays, May 8 & 22 / June 5 & 12
6:00 P.M. - 8:00 P.M.
Ages: 6–Adult

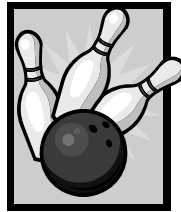
Come join us for a relaxing movie night!! We'll watch a good movie and have some great tasting popcorn. Participants will have the opportunity to meet new friends, socialize & view a movie.

FREE
Family Night!!!



Leisure Bowling

Brunswick Premier Lanes
845 Lazo Court
Sundays, June 8 - August 17
3:30 P.M. - 5:30 P.M.
Ages: 6 – Adult



No Bowling
Independence Day Weekend
July 6

Leisure bowling is designed for active children, teenagers, and adults with developmental and/or physical disabilities. Awards presented the last day of the session.

MEMBERS: \$24.00 registration + \$7.00 weekly bowling fees
RESIDENT: \$28.00 registration + \$7.00 weekly bowling fees
NON-RESIDENT: \$34.00 registration + \$7.00 weekly bowling fees

NOTE: Bowling fees must be paid in cash.

Special Events—May Trip

Make A Splash On The San Diego Seal Tour
Saturday, May 17 / 10:00 A.M. - 2:00 P.M.
Ages: 6 – Adult



Splash into San Diego's most unique sightseeing adventure! This exciting "Hydra-Terra" amphibious vehicle approved by the US Coast Guard is a one of a kind journey through San Diego by land & sea! A fully narrated tour of beautiful San Diego. Space is limited, register by May 2nd at the Therapeutics Office.

Cost: Members - \$13.00 / Resident - \$18.00 / Non-resident - \$28.00

Includes: Amphibious vehicle narrated tour & bus ride. Parent pick-up & drop off at Parkway Center.

'Spring Fling' Dance

Norman Park Center
270 'F' Street
Saturday, May 3, 7:00 P.M. -9:00 P.M.

Dance the night away at this Rockin' & Rollin' evening of fun, dancing, refreshments & raffle prizes!!! **Cost:** Members FREE / \$5.00 Resident / \$6.00 Non-Resident.



Summer Camp Sunrise

Session I • June 16 - 20
Parkway Gymnasium
385 Park Way
9:00 A.M. - 2:00 P.M.
Registration Deadline June 2

Session II • August 4 - 8
Parkway Community Center
373 Park Way
9:00 A.M. - 2:00 P.M.
Registration Deadline July 21

Camp is vendorized through the San Diego Regional Center. Contact your child's social worker for written approval.

Day Camp is for children, teens and adults ages 6-adults with developmental disabilities and 6-16 years with physical disabilities. The camp includes sports & games, arts & crafts, music, dance & exercise, recreational swimming, fieldtrip, and a T-shirt. **COST: Members: \$125 / Resident: \$130 / Non-resident: \$160.**



Hand Cycling

Greg Rogers School
510 E. Naples Street
New Session: Tuesdays, May 6, 13 & 27
3:30 P.M. - 5:30 P.M.



COST: Resident - \$17.00
Non-resident - \$21.00
Greg Rogers PTA will pay for enrolled students.

This introductory hand cycle program is designed for first time riders. This co-sponsored program is for children 6-12 years with permanent physical disabilities. Participants will learn how to independently ride and operate a hand cycle while increasing their upper body strength and endurance. **Limited to 10 participants.**

Futures

Parkway Community Center
373 Park Way
9:00 A.M. - 11:00 A.M.
Ages: 4 - 9 years

The "FUTURES" wheelchair sports program is geared for children who have permanent physical disabilities. Participants will learn basic ball handling skills, passing, improve wheelchair maneuvering and socialization. A collaborative partnership with San Diego Adaptive Sports Foundation and the Therapeutics section. RUGBY is the sport for this next session.

For more information call: (619) 336-1086



Cost: \$10.00 per month
Next session: TBA

Indoor Wheelchair Basketball

Parkway Community Center
373 Park Way
Every Thursday, 6:30 P.M. - 8:30 P.M.
Ages: 18 - Adult

Join the San Diego Xpress Co-Ed Wheelchair basketball practices. It is a challenging sport for athletes with permanent physical disabilities. You must provide your own wheelchair for participation and all ability levels are needed to play. The team is registered under the Southern California Division III who competes with other teams.



Inclusion Philosophy

The City Of Chula Vista Recreation Department Therapeutics Section is committed to serving the needs of our community through Inclusive opportunities. We provide an atmosphere in which persons with and without special needs can interact, play and socialize with their peers in an all-inclusive, supportive environment. We have been providing Inclusion since 2002 and it is available for children, teens and adults in all citywide programming. The City Of Chula Vista Recreation Department is dedicated to ensuring all levels of employees are committed to Inclusion.

SPECIAL THANK YOU TO THE FOLLOWING:

Blackie's Trophies & Awards

Bree Kerns & Kim Hyland
263 3rd Ave.
Chula Vista, CA 91910

North Island Credit Union

Mrs. Susan Skillman
45 North Broadway
Chula Vista, CA 91910

Koani Trading, LLC

US Treasury Bond Traders
Mr. Tim Burke
2940 Columbia Street
San Diego, CA 92103

Von's Grocery

John Smith
620 Dennerly Rd.
San Diego, CA 92154

Ralph's Grocery

Steve Holden
659 East Palomar
Chula Vista, CA 91911

Ralph's Grocery

Jasmine Rodriguez
780 Otay Lakes Rd.
Chula Vista, CA 91910

Albertson's Grocery

Mike Martin
285 E. Orange Ave.
Chula Vista, CA 91911

Von's Grocery

Kelly Sanchez
870 3rd Avenue
Chula Vista, CA 91911

Von's Grocery

Ken Harris
4404 Bonita Rd.
Bonita, CA 91902

Maile's Nails

325 3rd Ave.
Chula Vista, CA 91910

Costco

Ernesto Molina
1130 Broadway
Chula Vista, CA 91911

Costco

Veronica Mantanona
895 East H Street
Chula Vista, CA 91910

Henry's Marketplace

Emily Kamish
690 3rd Ave.
Chula Vista, CA 91910

Von's Grocery

Sean Carualo
505 Telegraph Canyon Rd.
Chula Vista, CA 91910

Hometown Buffet

Lisa Waln
930 Dennerly Rd.
San Diego, CA 92154

Don Pedro Taco Shop

247 3rd Ave.
Chula Vista, CA 91910

Red Lobster

Michael Rodriguez
342 F Street
Chula Vista, CA 91910

Aurora's Salon & Day Spa

247 A 3rd Ave.
Chula Vista, CA 91910

Soup Stone

310 3rd Ave.
Chula Vista, CA 91910

Mangia Italiano on Third

Adam & Kathy
248 Third Avenue
Chula Vista, CA 91910

Fuddrucker's

Donato Domaguin
340 3rd Avenue
Chula Vista, CA 91910

California Sushi

Martin Hernandez
337 3rd Avenue
Chula Vista, CA 91910

Stella's on Third

Restaurant & Catering
365 Third Avenue
Chula Vista, CA 91910

La Bella Pizza Garden

373 3rd Ave.
Chula Vista, CA 91910

A Slender New You

286 Third Avenue, Ste. B
Chula Vista, CA 91910

Marie Callender's

Restaurant & Bakery
330 F Street
Chula Vista, CA 91910

Tux City

345 Third Avenue
Chula Vista, CA 91910

Ralph's Grocery

Dennis Murphy
659 East Palomar St.
Chula Vista, CA 91911



**CITY OF
CHULA VISTA**
Recreation Department
Therapeutics Section
270 'F' Street
Chula Vista, CA 91910
www.chulavistaca.gov/rec
(619) 409-5800